

**January 2025 Devotional by Dr. Wilfred Graves Jr.**

**DAY 11 – SPIRITUAL DISCIPLINE**

**Scriptures:** 1 Timothy 4:7-8; Galatians 6:9

**Prayer Focus:** Pray for strength to cultivate spiritual habits.

**Devotional Thought:**

Discipline is essential for spiritual growth. Just as physical training strengthens your body, spiritual disciplines like prayer, fasting, and Bible study strengthen your faith. Commit to consistent practices that draw you closer to God. Over time, these habits will bear fruit in your life and deepen your relationship with Him.

**Practical Moment:**

Choose one spiritual discipline to focus on this week. Set realistic goals, such as reading a chapter of the Bible daily or setting aside a specific time for prayer.